



JERSEY TASTES! RECIPES

Blueberry Yogurt Roll Ups

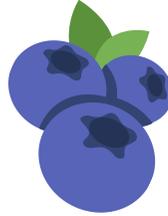
INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 1 EACH

- 1/2 cup Vanilla Yogurt
- 4 Multi-Grain Tortilla Wraps (10-inch)
- 1/2 cup Unsweetened Coconut, shredded
- 2 cups Blueberries, frozen, thawed & rinsed



SCHOOL FOOD SERVICE

PORTIONS: 24 EACH

PORTION SIZE: 1 EACH

- 3 quarts Vanilla Yogurt
- 24 Multi-Grain Tortilla Wraps (10-inch)
- 3/4 lb. Unsweetened Coconut, shredded
- 4 lbs. Blueberries, frozen, thawed & rinsed

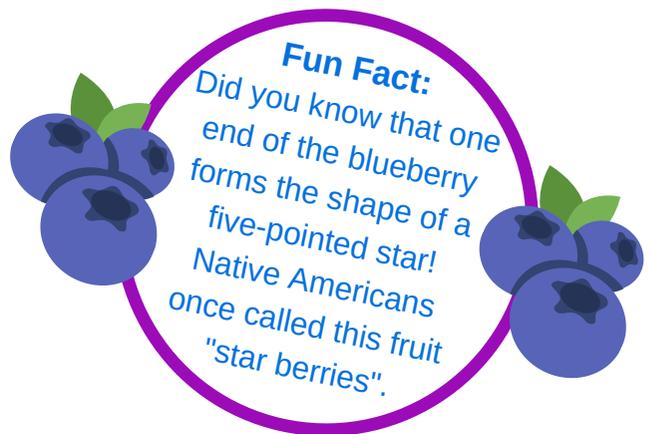
GREAT BREAKFAST ENTREE!

DIRECTIONS:



- 1 Spread yogurt down along the center of each tortilla, leaving a small border on both ends. Sprinkle with shredded coconut.
- 2 Top with blueberries. Fold up the bottom of tortilla over filling, then fold in sides and roll up tightly burrito-style.

**Portion Size: 1 Each =
1 oz. Meat Alternate;
2.5 Grains; 3/4 cup Fruit**



Fun Fact:

Did you know that one end of the blueberry forms the shape of a five-pointed star! Native Americans once called this fruit "star berries".

RECIPES MADE IN COLLABORATION WITH:

